

## **WILL I SEE LIKE NORMAL PEOPLE SEE? HEMI-SYNC® AND BLINDNESS**

*by Patricia Leva-Michael, R.N., M.A.*

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In January of 1990, Patricia Leva-Michael, through her educational consulting practice, began working with a new client named Sally Kubrak. Ms. Kubrak, born prematurely, has been blind from infancy as a result of retrolental fibroplasia, burned tissue covering the retina, due to improper administration of oxygen while she was in an incubator. Throughout their work together, both women remained acutely aware of the Ms. Kubrak's stated purpose: "to see like normal people see," and they structured a personal learning program to support her goal. Ms. Leva-Michael and Ms. Kubrak reflect on this process and the value they received from it.

S.K.: At thirty-five years old, I had been unemployed, undecided about many things, and generally losing interest in life. Challenged by a radio interview describing the Hemi-Sync approach, I telephoned Patricia and said I'd like to rebuild my self-confidence and expand my attention span using Hemi-Sync.

P.L-M.: During my first visit to Sally's home, I found myself floundering in my explanation and searching for words. The Hemi-Sync technology and product information aren't easily accessible to blind folks. I realized I couldn't draw diagrams to explain the process or show her the catalog. I was concerned that Sally wouldn't be able to remember one tape from another with over 200 choices available. On the second visit I let go of my confusion and simply asked Sally to "take me into your world and guide me." I listened carefully to Sally's medical and personal histories, highlighted by diabetes and narcolepsy which were diagnosed while she was in high school. Ritalin was prescribed to combat the drowsiness of narcolepsy.

Sally reported a lack of ability to focus her attention and low self-esteem. She began using *Attention* and *Off-Loading* from the HUMAN PLUS (H-PLUS®) series. In the evenings, when sleepiness overcame her in spite of the Ritalin, she used the *Concentration* tape. Sally worked as a student in a radio broadcasting studio during the day and had to be physically rested and verbally quick. To aid in these efforts I recommended she use the H-PLUS *Speak Up* and *Reset* tapes.

S.K.: When I told my mother about my interest in using this unusual approach, she expressed feelings of skepticism and had reservations about the results. I began to feel very anxious and instinctively recited the Function Command for the *Off-Loading* tape in my mind: “Plus-Fade-Fade.” Minutes later I found myself saying very emphatically, through my tears, that I wanted to get back the eagerness for life I had had as a little child. Maybe it was the way I said it, but from then on it was my mother who noticed and pointed out how I was changing. For instance, when I used *Attention* it was as if someone opened the top of my head and breathed fresh air into it. All of my senses snapped open!

A major event occurred when my pastor at church asked me to give the Palm Sunday children’s homily entitled “Blessed Are the Blind,” describing my experience of blindness, and to sing a favorite song of mine for the congregation. I used the Function Commands for *Attention*, *Speak Up*, *Off-Loading*, and *Reset* during my talk to the kids. Having taken singing lessons for a long time, I was aware of the importance of breath control. After invoking the Function Commands, I was amazed to feel my breath expand like an endless balloon. Hardly any stagger breaths were necessary to retain my control. I was able to continue speaking smoothly, evenly, and easily. In the past, I wouldn’t have had the courage or the words to accomplish this.

P.L-M.: Sally was diagnosed with carpal tunnel syndrome in March of 1990 and surgery was advised. Two other surgeries in the past year had caused weight loss, hypoglycemic episodes, and had added to her feelings of losing inner control. Sally began to dread the surgery. She asked to use the *Emergency Series* Hemi-Sync tapes and gained the support of her orthopedist, anesthesiologist, and nursing team. Sally followed the recommended approach, using each tape repeatedly at the appropriate times. She negotiated to have a local surgical intervention rather than general anesthesia. After the procedure she experienced significantly less pain, and used no pain medication for the first six hours. In the Recovery Room she ate heartily without experiencing nausea or vomiting and did not have cyclic constipation during her four or five days post-op. Although after previous surgeries she typically dropped to around 89 pounds, Sally experienced no weight loss following this procedure. At the first dressing change three days post-op, her surgeon remarked about how clean and clear her suture line looked. It is unusual for diabetics to heal so quickly and so well. Sally expressed a great deal of pride in her ability to be a partner in her healing process. This was in contrast to her old, passive behavior of assuming her healing was being done to her. She was aware that her new attitude was instrumental to her increasing feelings of inner control.

S.K.: I asked Patricia to help me begin the GATEWAY EXPERIENCE® home course for my spiritual growth. Inside my “dark world,” I knew I was sighted in some way and I wanted to make it more apparent to myself. I began working with the GATEWAY EXPERIENCE exercises, and then followed the instructions to achieve a Focus 10 state without the tapes. One day, while grocery shopping with my mother and my aunt, I distinctly heard my uncle

telephoning to say he was going to pick up his wife the next day. I told my mother what I had heard. That evening my uncle did call and said exactly what I had somehow heard in the store earlier that day. I attributed this precognitive experience to my work with the GATEWAY EXPERIENCE. When I recounted this to Patricia, she explained about the development of perceptual skills beyond the five physical senses, and about the “third eye” energy center. Later, I had another intuitive experience involving a close friend which gave me more proof that I was indeed seeing more than I had ever looked for. This kind of intuitive skill might be a distinct advantage for other blind people to develop.

Patricia and I had taken each other’s hands and crossed into each other’s worlds. I have become physically self-assured as if I am more keenly aware of what’s “out there.” Looking back over the year we worked together, I realize that I have overcome my fear of the world. Instead of being afraid to leave the house, I now look for places to go. At a recent soccer game I was able to perceive and understand the game vividly. My concentration and feeling of personal freedom have increased considerably. I am more relaxed, less anxious, and sleep through the night now, waking refreshed. My confidence and self-esteem have grown tremendously as a result of this last year. I am well on my way to completing my radio broadcasting work at college, and am looking forward to employment next summer.

P.L-M.: With Sally’s help, I discovered what real sightedness skills are all about.

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